



Smoked Trout with Apple-Horseradish Cream on Potato Pancakes

READY IN



45 min.

SERVINGS



12

CALORIES



143 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 pounds baking potato shredded peeled
- 0.5 teaspoon pepper black freshly ground
- 2 large egg whites
- 2 tablespoons yogurt plain fat-free
- 2.3 ounces flour all-purpose
- 3 tablespoons chives fresh chopped
- 3 tablespoons apples i use 2 granny smith apples finely chopped
- 4 teaspoons horseradish prepared

Properties

Glycemic Index:27.56, Glycemic Load:14.01, Inflammation Score:-2, Nutrition Score:6.1104347472606%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg

Nutrients (% of daily need)

Calories: 142.91kcal (7.15%), Fat: 5.02g (7.73%), Saturated Fat: 0.75g (4.7%), Carbohydrates: 19.85g (6.62%), Net Carbohydrates: 18.43g (6.7%), Sugar: 1.76g (1.95%), Cholesterol: 6.39mg (2.13%), Sodium: 258.31mg (11.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.05g (10.09%), Vitamin B6: 0.32mg (15.78%), Potassium: 406.49mg (11.61%), Manganese: 0.2mg (9.84%), Phosphorus: 83.11mg (8.31%), Vitamin B3: 1.64mg (8.19%), Vitamin B1: 0.12mg (8.14%), Vitamin K: 7.86µg (7.49%), Vitamin B12: 0.45µg (7.43%), Vitamin C: 6.08mg (7.37%), Selenium: 4.73µg (6.75%), Folate: 25.38µg (6.35%), Magnesium: 24.58mg (6.15%), Iron: 1.04mg (5.8%), Vitamin B2: 0.1mg (5.72%), Fiber: 1.42g (5.69%), Copper: 0.11mg (5.27%), Vitamin E: 0.63mg (4.18%), Vitamin B5: 0.39mg (3.89%), Zinc: 0.43mg (2.85%), Calcium: 28.16mg (2.82%)